

### ABSTRACT OF THE DISCLOSURE

Shims comprising a mixture of plastic and natural fibers originating from wet processed cellulose fiber based waste source material include an elongate body that tapers down from a thick end to a thin end. A series of ridges and  
5 grooves or valleys are formed in at least one face of the body traversing the width of the body from a point adjacent the thick end to a point beyond the longitudinal mid-point of the body. The base of the valleys each form individual break lines preferably spaced apart at predetermined intervals. A raised rim or  
10 ridge preferably extends about the outer boundaries of the face in which the ridges and grooves are formed.